

# Praises to a Formless God

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# Ahimsa and Philosophy of Life

A commitment to self-examination, introspection, correction, non-violence in thought, word, and deed (including in the area of diet) is the ethical foundation of Sant Mat and any entering into the meditation practice of Surat Shabd Yoga (Inner Light and Sound, going within).

# Ahimsa Prayer

*O Gurudev, give me peace,  
Give worthy feelings, worthy  
intelligence.*

*Give mutual cooperation.*

*Give purity to my heart.*

*Let there be pure feelings in my  
mind.*

*Let there be pure conduct by my  
body.*

*May my speech be free of falsity  
and slander.*

*May the sentiment of devotion  
increase.*

*May my thoughts not be agitated  
by the ripening of innate karma.*

*May my body and mind be healthy,  
May my worship be free of  
obstacles.*

*May I remain in the presence of  
Saints  
and be filled with the sentiment of  
devotion.*

*May I swim across the ocean of  
samsara [world of changes],  
the ocean filled with passion, hate,  
change and fear.*

*Let there be neglect for [the  
company of] wicked persons  
and compassion for the destitute,  
Happiness among those of good  
conduct  
and friendship with good people.*

*May buffoonery cease and may  
we delight  
in the words that lead across  
samsara.*

*May we be merry in the study of  
wisdom;  
May we keep our minds under  
control.*

*May we have hope of refuge with  
the Satguru,  
May we have no fear of lust and  
other vices.*

*May we ever yearn for self-  
awakening  
and have faith in the words of  
revelation.*

*May the darkness of ignorance be*

*destroyed;  
May the lamp of knowledge be lit.  
May the law of death be forgotten,  
and immortality be expanded.*

*May there be no harm done to  
living beings  
through my words or my actions.*

*May I never feel the least  
attachment  
to the objects of my senses.  
May there always be happiness  
and the absence of desire.  
May there be an end to the power  
of samsara,  
and a beginning to the knowledge  
of God.*

-- In the **Kabir tradition** this prayer is called “**Prarthana-panchak se**”, and is by **Ramesvarananda Saheb**, translated in Prof. David Lorenzen’s book, “Praises to a Formless God”, SUNY Press, NY.

This is such a beautiful, eloquent prayer. It is something that one could ponder and recite each and every day for life.

